

Easy Chicken and Cheese Dip

Makes: 6 Appetizer Servings

Making a dip is easy when you start with canned, boned chicken. A delicious dip to serve with your favorite vegetables.

Ingredients

- 1 can** chicken (drained)
- 2 teaspoons** reduced salt taco seasoning from package (or use 1 teaspoon chili powder instead)
- 1 cup** low-fat cheddar cheese (shredded)
- 6 ounces** low-fat, unsalted tortilla chips

Directions

1. Place chicken and taco seasoning in medium-sized skillet; cook over medium heat for 3 to 4 minutes.
2. Put chicken and taco seasoning mixture in a bowl.
3. Sprinkle shredded cheese on top of warm chicken and taco seasoning mixture.
4. Serve with tortilla chips.

Notes

Tip: Chopped vegetables like onions, green or red peppers, or mushrooms can also be added to the chicken and taco mixture while heating.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	230	
Total Fat	6 g	
Protein	21 g	
Carbohydrates	23 g	
Dietary Fiber	2 g	
Saturated Fat	2 g	
Sodium	300 mg	